

I claim:

1. A device for alleviating pelvic pain in a woman, comprising a pressure distributor and a tensioning apparatus which can push the pressure distributor into the parasacral region and/or sacral region with at least 10 torr pressure while substantially not distributing force to the lumbar region of the woman's back.
2. The device of claim 1, wherein the tensioning apparatus can push the pressure distributor into the woman's back to create at least 70 torr pressure.
3. The device of claim 1, wherein the tensioning apparatus can push the pressure distributor into the woman's back to create at least 100 torr pressure.
4. The device of claim 1, wherein the tensioning apparatus is a foundation garment with a pocket for the force director, velcro pad on a foundation garment that matches velcro on a pressure distributor, a belt that permanently or reversibly affixes to the pressure distributor, a foundation garment, and/or a fabric mesh that encircles the woman's body,
5. The device of claim 1, further comprising a part for adjusting the force applied to the pressure distributor, the part consisting of an adjustable strap, a drawstring, a velcro, a solid insert, an inflatable pouch, an inflatable bladder, and/or a belt.
6. The device of claim 1, wherein the pressure distributor pushes on the parasacral region with at least five times as much force than that applied to the lumbar region.
7. The device of claim 1, wherein the pressure distributor pushes on the parasacral region with at least ten times as much force than that applied to the lumbar region.
8. The device of claim 1, wherein the pressure distributor pushes on the parasacral region with at least fifty times as much force than that applied to the lumbar region.

9. A foundation garment that preferentially applies pressure to the sacral area and/or parasacral area, while substantially avoiding the lumbar area, comprising a conforming pressure distributor positioned over the sacral and/or parasacral region wherein the pressure distributor presses upon the parasacral area when worn by a woman in need of treatment for pain.
10. The foundation garment of claim 9, wherein the pressure distributor can press upon the parasacral area with a force of at least 10 torr pressure when worn by a woman in need of treatment for pelvic pain.
11. The foundation garment of claim 9, wherein the pressure distributor can press upon the parasacral area with a force of at least 100 torr pressure when worn by a woman in need of treatment for pelvic pain.
12. The foundation garment of claim 9, wherein the pressure distributor is concave shaped and presses upon the parasacral region with a force that is at least twice the force pressing upon the sacral region.
13. The foundation garment of claim 9, wherein the pressure distributor presses upon the parasacral region with a force that exceeds by 2 fold the force pressing upon the lumbar region.
14. The foundation garment of claim 9, wherein the pressure distributor presses upon the parasacral region with a force that exceeds by 10 fold the force pressing upon the lumbar region.
15. The foundation garment of claim 9, wherein the force distributor is less than 5 centimeters thick and comprises a compressible material selected from the group consisting of plastic, foam, polyvinyl chloride, silicone, polyurethane, cellulose, synthetic fiber, laminate, fiberglass, and metal.
16. The foundation garment of claim 15, wherein the force distributor is less than 3 centimeters thick.

17. An improvement to a panty girdle, comprising:
adding a (a) pressure distributor positioned over the sacral and or parasacral region that substantially avoids the lumbar region; and a
(b) a means for adjusting pressure to the stiff portion while the panty girdle is worn.
18. A means for alleviating pelvic pain in a woman, comprising continuously pressing the sacral and/or parasacral region of the woman's back while substantially avoiding the lumbar region, through a tensioning apparatus that is designed or modified for this purpose.
19. A device for alleviating pelvic pain in a woman, comprising a conforming and generally flat pressure distributor and a tensioning apparatus, wherein the tensioning apparatus holds and continuously pushes the conforming and generally flat portion into the sacral and parasacral regions.
20. The device of claim 19, wherein the conforming and generally flat portion has a thinner area down the middle and is positioned with the thinner area straddling the sacral region of the woman's back.